

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01144, Egg substitute, powder

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	444	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	1856	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	55.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	13.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	21.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	21.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	3.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	478	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	127.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	1.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.384	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	125	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	125	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	125	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	117.6	--	--	--	--	--	--	--	--	Calculated or imputed	01077	03/2007
Vitamin B-12	µg	3.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	369	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	369	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	1230	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	1.26	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lipids													
Fatty acids, total saturated	g	3.766	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	2.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.993	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	5.341	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.496	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	4.845	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.683	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	1.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.109	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	572	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003